Job sharing for Mental Health

Suffering from a mental health problem can be challenging enough, but pair this with the feast or famine lifestyle of a TV freelancer, and the consequences can be huge.

Contributing factors are instability of freelance life, long working hours, lack of a healthy work-life balance, workplace bullying and harassment at work.

2% of freelancers said they would broach the topic of their mental health with their manager. Of those who had discussed a mental health problem at work, only 28% said it had improved the situation.

Workers are two times more likely to experience anxiety than the national average, and three times more likely to self-harm.

86% of people in film and TV have experienced mental ill health.

CIPD Flexible Working Survey 2019 Flexible working positively affects mental wellbeing.
The best types of flexible working for improving mental health are job-share or term-time working.

Mind, mental health charity More flexible hours allow for a better work-life balance, helping those struggling with mental health.

As ever, good communication with the employer is crucial. The earlier and more frequent the communication the better, as it allows the most effective solution to be found quicker.